

*BRIDGING THE GAP*  
*1 DAY TRAINING SESSION*

**Who Should Attend-** This course is designed for all law enforcement professionals from the Chief of Police/Sheriff to the patrol officer/deputy, and support staff, both active and retired.

**Why is this program important?** In today's society we hear and read a lot about law enforcement and community relations; some good things, some bad things, and some outright false hoods. In addition to this added pressure, the normal stresses and pressures of the job have led to breakdowns in communication and relations, resulting in an increasing onset of PTSD, substance abuse, suicide, and divorce. Utilizing ways to improve accountability and communication will reduce PTSD, divorce, and suicide and improve the relations within our communities. This will reduce citizen complaints, overuse of sick and personal time off, and improve employee productivity. This program covers ways to look at self-perception and perceptions of the community in an accountable way. This will allow open, honest, communication, removing judgement and improving relations in our communities.

### Class Outline

#### Bridging the Gap: An Inside Look at Communication and Relations

- 1) Accountability vs Responsibility  
Define, compare, and discuss
- 2) Self-Accountability  
Define and discuss
- 3) Law Enforcement- Daily Goals, Objectives, and expectations  
Identify and define
- 4) Perceptions
  - a) Identify, define, and discuss
  - b) Where and when were these perceptions and expectations created and reinforced
- 5) Community
  - a) Define
  - b) Identify what communities we belong to

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- c) How do our perceptions and expectations affect our relations within these communities?
- d) Do our perceptions and beliefs create judgement?
- e) Good vs Bad. Or Works vs doesn't work
  
- 6) Walls, masks, and manipulations in us and in our communities
  - a) Identify and define
  - b) The effects of these on us and on our communities
  
- 7) Making a difference
  - a) Self-trust and intuition
  - b) Mental outlook
  - c) Judgement divides/accountability supports
  
- 8) Connection in our communities
  
- 9) Traumatic Events
  - a) Dealing with Traumatic events
  - b) Talking about traumatic events
    - Peer support
    - Counseling
    - Family
  - c) How to safely reconstruct the event
  - d) How to safely share the event
  - e) Ripple effect- start with us. Move to one community, then the next

## **GLEN WILLIAMS**

**Glen worked as a patrol officer, detective, and trainer at Sandy City Police, and Utah Transit Authority Police. He has conducted trainings throughout the western U.S. for law enforcement and the public in scuba diving, police and evidence diving, underwater post-blast investigation, firearms, patrol rifle, active shooter response, First Aid/CPR, and has coached individuals in personal self -discovery and self-development courses. He retired after 26 years in law enforcement. Glen graduated from the University of Utah with a bachelor's degree in Psychology.**